

111TH CONGRESS  
1ST SESSION

# H. CON. RES. 176

Expressing the sense of the Congress that secondary schools should begin the school day no earlier than 9:00 in the morning.

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## IN THE HOUSE OF REPRESENTATIVES

JULY 31, 2009

Ms. ZOE LOFGREN of California (for herself, Mr. HONDA, and Mr. CARDOZA) submitted the following concurrent resolution; which was referred to the Committee on Education and Labor

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## CONCURRENT RESOLUTION

Expressing the sense of the Congress that secondary schools should begin the school day no earlier than 9:00 in the morning.

Whereas scientific studies indicate that adolescents experience hormonal changes that keep them awake at night;

Whereas most secondary schools begin classes at 7:30 in the morning or earlier;

Whereas most teen crime occurs between 3:00 and 6:00 in the afternoon, and a later start to the school day would result in a later release of students at the end of the school day;

Whereas adolescents who do not get enough sleep are more likely to be depressed, tardy, absent from school, obese, and engaged in other unhealthy behaviors;

Whereas recent studies demonstrate a relationship between  
 later school start times and reductions in car crashes in-  
 volving adolescents; and

Whereas many adolescents do not get enough sleep to realize  
 their full academic potential: Now, therefore, be it

1        *Resolved by the House of Representatives (the Senate*  
 2        *concurring),*

3        **SECTION 1. SHORT TITLE.**

4        This resolution may be cited as the “Zzz’s to A’s Res-  
 5        olution”.

6        **SEC. 2. BEGINNING OF A SECONDARY SCHOOL DAY.**

7        It is the sense of the Congress that secondary schools  
 8        should begin the school day no earlier than 9:00 in the  
 9        morning.

